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him revert to human form. *Naguales* have the power to enter houses, even when doors are closed, can steal anything, and can quietly carry off girls by putting them into a deep sleep. To prevent thefts by *Naguales* a cross is marked on the bottom of *metates* which then become too heavy for the *Nagual* to lift. Some *Naguales* will steal girls for a sum of money. *Naguales* cannot be wounded by a knife or a gun, and it is impossible to hit them or throw stones at them because of a secret power which defends them. Some people believe that El Tepozteco can turn himself into a *Nagual* and that he is their chief.

Los aires are mysterious forces, variously thought of as winds, spirits, or little people who may cause sores, pimples, paralysis, and other illnesses. They are found in stream beds, ravines, in stagnant pools, and atop the highest hills. Tepoztecans are careful to avoid *los aires* and not to offend them. Some old women still say certain Náhuatl phrases asking permission of *los aires* to take water from the stream. Those who must pass by stagnant water after bathing in a *temascal* must drop some of the leaves, with which they dried themselves, into the pool in order to avoid headaches, earaches, or watering of the eyes. To get rid of these afflictions one must be cleansed with salt and yarrow leaves which are afterward thrown into the middle of the street. Sometimes when a person eats beside a stream or near a ravine, he will be attacked by *los aires* and will have a headache and fever. The illness is treated by cleansing the person with herbs, which are then thrown into the stream or ravine. If the sick person continues to have fever and dreams of canes, water, or food, it means that *los aires* struck him very hard and must be fed. *Mole*, tamales, and fruit are prepared, and a special loaf of bread in the shape of a doll is ordered from the baker. The doll is decorated in red, and the meal, adorned with red crepe paper, is carried to the suspected stream and left there.[10]

Los aires are also believed to take refuge in anthills, and one who disturbs an anthill may suffer grave injury. For this reason no Tepoztecan dares open an anthill to remove the queen ant, despite the fact that the local variety of ants is very voracious and can destroy an entire cornfield. When a farmer discovers an anthill in his field he will place food, such as mango leaves, around the hole, so that the ants will not eat the corn. The farmers sometimes place poisonous leaves at an anthill, but the ants soon learn not to eat them. Some of the more advanced farmers use chemical products including D.D.T. to kill the ants but even the most educated will not open an anthill.

Informants relate that not long ago a man, not of Tepoztlán, used to sell ant dung as fertilizer. He collected the material from anthills, but after six months of this work he fell ill, became badly crippled, and died. The same thing happened to the uncle of one of our informants; after opening an anthill he spent eight years in bed, crippled and inflamed from the effects of *los aires*.

Belief in good and bad omens continues in Tepoztlán. These beliefs are innu-

[10] In Redfield's account a real doll, with red cheeks and decorated with colored yarn, is used. The bread doll is more closely reminiscent of the dough images offered in propitiation in pre-Hispanic times.

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merable and not unlike many reported in other studies of rural Mexican communities. Omens are seen in the cry of the opossum, the entry of a bat into the house, the howling of a dog at midnight, the rainbow, the death of a snake within the house, the songs of certain birds, an egg laid without a shell, an egg with a double yolk, and many more such phenomena. When an evil omen appears in a home, the entire family feels threatened, not knowing upon whom misfortune will fall, and for a time everyone takes extra precautions against accident. Sometimes a favorite saint is appealed to or a powerful *curandero* is sought out, but more often the family does nothing, and the sense of apprehension soon wears off.

Evil supernatural forces can be made to act or can be counteracted by sorcerers and witches who receive their power from the devil. Witches are thought to be most active on Tuesdays and Fridays, and some people take extra precautions to hide soiled clothing or not to accept gifts of food on those days. Several old women, particularly those who know a great deal of herbal lore, are thought to be witches. Aggressive or bold women may also be suspected, particularly women who are able to dominate their husbands. Such women are often thought to have bewitched their husbands with *tolouche*, a local herb. It is interesting to note that some of the young girls who have studied outside the village, and who live by urban standards, are also suspected of being witches by a large portion of the population. One such girl married a boy in the barrio of Los Reyes and was accused of being a witch by her mother-in-law on the ground that she refused to behave like a good daughter-in-law and continued to see her former school friends.

Sorcery is used in courtship by unsuccessful suitors. The leg of a beetle is introduced into a drink to arouse the passions of an indifferent girl, or a powder made from skulls may be thrown on the palm of a woman's right hand or on her head, or into her food or drink. Foods which spoil too quickly are often believed to contain some powder meant for sorcery. A young Tepoztecan schoolteacher who received a gift of apples from a pupil was very much alarmed when she noted that the fruit rotted the very next day, and she suspected the child's family of trying to bewitch her. The most feared type of sorcery is that in which an image of the victim is fashioned out of his soiled clothing and pierced with a pin in the region of the heart or head to bring about his illness or death. To be doubly certain of success, the doll may be thrown into an anthill, so that *los aires* will also attack him.

Almost any unusual illness, but particularly swelling of the head or joints, may be attributed to sorcery by the local *curanderos*. A bewitched person usually leaves the village in the belief that he is no longer safe there and can be cured only away from the sorcerer. In such cases, Tepoztecans generally consult *curanderos* of wide repute in Yautepec or other towns and may spend several hundred pesos to undergo a cure. However, mild symptoms of sorcery or illness due to supernatural elements may be treated within the village by use of prayer, holy water, local herbs, ritual "cleansing," and by consulting certain local healers who go into a trance and converse with spirits to get a diagnosis and prescribe a cure.[11]

[11] This may be an element of African culture introduced into Tepoztlán by Negro slaves.

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754 The most celebrated healer in Tepoztlán is one Rosalino Vargas, known as
756 Don Rosas. He is believed to be a powerful sorcerer and is feared by many of the villagers. Some people claim to have seen him riding through the town at midnight wearing a long black cape, with sparks issuing forth from his eyes and mouth. Don Rosas, who often uses the fear he inspires to his own advantage, has several enemies, at least three of whom made attempts to murder him in recent years. Don Rosas is wealthy and has a flourishing practice. He has seven female assistants; there is much gossip to the effect that these women are his paramours who sleep with him in turns, one for each day in the week. Don Rosas' loyal clientele insist that the seven women help him treat the sick and perform a series of mysterious devotions which he practices nearly every night.

755 The technique employed by Don Rosas on his patients contains an interesting
787 combination of Catholic, pagan, and possibly African elements. He does not deal directly with a patient but gets information concerning the nature of the illness through an assistant who questions the patient. After the conference the patient is taken to a room which resembles a chapel in that it has an altar and images of saints. The patient is seated on a chair close to a heavy curtain behind which sits Don Rosas. The visitor is given an image of a saint to hold while the *curandero* prays and goes into a trance. When he is "as if dead" an assistant wafts incense smoke toward him and he begins to speak, as though from a deep sleep, telling what illness the patient is suffering from. Whether or not a cure is possible is determined by a glass of water which has been placed among the images near the incense burner. If the water turns white there is hope for a cure, if black there is none. If a remedy is possible, Don Rosas then points out the necessary steps to protect the individual and his family from the enemy who is provoking the symptoms.

755 The patient must drink a sweet-sour tasting liquid, prepared by Don Rosas and stirred with a metal cross. The patient then pays two pesos for the cure but first must "cleanse" himself with the bills in the parts of his body which give him pain, and leave the money on the altar. Before leaving, the patient is given additional medicines to take each night and is generally advised to "cleanse" himself with very hot herb applications. More medicine is given as needed without charge and the patient is advised that the medicine must never be placed on the ground since it would lose its potency. Some patients need several consultations, all of which are conducted in the same manner, before they feel well again.

[754] The traditional remedies for evil eye and *espanto* (fright) involve a combination
[753] of folk beliefs, ancient herbal lore, and Catholic practice. A child is believed to be the victim of the evil eye if he comes home crying and very much disturbed. An egg is broken into a glass and if a long eye-shaped spot appears on the yolk, the person who put the eye upon the child is a man; if the spot is round, it is a woman. The child's clothes are changed and he is "cleansed" with a soiled kerchief or shirt if the guilty person was male, and with an apron or *rebozo* if a female. Some children are cured by being "cleansed" on their foreheads, with the tongue making the form of a cross.

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843 759 Care during pregnancy consists principally of massages of the abdomen by the midwife. The general purpose of the massage is to make the birth easier and to determine the position of the fetus. Midwives say they can change the position of the fetus if necessary by means of massage. Faith in the importance of massage is widespread, and there are few who do not take massages regularly. Newly married women often begin to take massages during the second or third month, but others do not begin until they feel movement. Since there is an additional charge of fifty [465] centavos (in 1943, the price ranged from twelve to twenty-five centavos) for each massage, there are many women who cannot afford to take them until the eighth or ninth month. Sometimes the husband will object to the number of massages his wife takes, and there may be quarrels. Massages are given every eight or fifteen days, depending upon when they are started and what the pregnant woman can afford. The patient lies down, with knees slightly bent, and the midwife gently massages the abdomen from right to left.[4] No oils or unguents are used.

● 787 843 Some say they can predict the sex of the baby by its position in the womb. If it is to one side, near the hip, it will be a boy; if it is in the middle, it will be a girl. If the fetus feels round, a girl is indicated; and if it feels elongated, it is a boy. If the mother looks sleepy and if her face is white, the child will be a boy, because boys are more "demanding" and make their mothers pale. If she is red-cheeked, the child will be a girl. However, some informants believe just the opposite and say that red cheeks indicate a boy because boys are more robust. If the mother becomes fatter all around, including the hips, it will be a girl; if she protrudes only in front, it will be a boy. It is also believed that a boy is born after nine months and a girl after eight months.

843 The midwife advises the pregnant woman concerning self-care. She is not to lift heavy objects but should continue to work because it makes the delivery easier. It is believed that a woman who is lazy and who sleeps often during pregnancy will have a difficult birth because the fetus adheres to the womb. Pregnant women [825] should not urinate where an animal has just urinated because the rising steam may cause inflammation of the womb. Pregnant women are also advised not to bathe 515 in the stream, since *los aires* may endanger the baby and cause it to be born with 843 physical defects.[5] It is also said that bathing in the stream may cause the pregnant [296] woman to fill up with water. Although pregnant women sometimes continue to use the stream to wash clothes, this also is considered unwise. Some say that pregnant women should not bathe more than once a week for fear of catching cold, but many women bathe every three days in warm or cold water, according to preference.

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843 759 1945. In Cherán, in 1940, the cost of delivery was from 1½ to 2½ pesos. See Ralph L. Beals, *Cherán, A Sierra Tarascan Village*, Institute of Social Anthropology Publ. No. 2 (Washington, D.C.: Smithsonian Institution, 1946), p. 166.

465 171 [4] Foster describes the massage in Tzintzuntzan as "heavy pummeling" and attributes the many miscarriages to this.

[114] [5] Redfield's informant said, "After three months she [the pregnant woman] goes to the *barranca* [stream] to bathe. She may do this many times before the birth." According to our data, although some women do it, this is generally regarded as undesirable.

5: Lewis E-5 (1943-1944, 1947-1948) 1955
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some Tepoztecans had visited the federal Public Health Station in nearby Cuernavaca, and a few of the local midwives had received some instruction from public health nurses.

For the majority of people, however, indigenous folk medicine as practiced by curanderos is still the dominant form of medicine. Thus, the traditional remedies for "evil eye" and "fright" involve a combination of folk beliefs, ancient herbal lore, and Catholic practice. A child is believed to be the victim of the evil eye if he comes home crying and very much disturbed. An egg is broken into a glass and if a long eye-shaped spot appears on the yolk, the person responsible for putting the eye upon the child is a man; if the spot is round, it is a woman. The child's clothes are changed and he is "cleansed" with a soiled kerchief or shirt if the guilty person was male, and with an apron or shawl if a female. Some children are cured by being cleansed on their foreheads, with the tongue making the form of a cross.

"Fright" is an illness which leaves children sad and pale; it is cured by women who can "lay the shadow" that afflicts them. These curanderos keep a supply of powdered cedar, palm, and blessed laurel which they throw on the forehead, breast, wrists, palms of the hand, nape of the neck, and into the nostrils of the sick child. While this is being done the woman prays the Credo, and at the end holds the child's head and cries out that the shadow should withdraw and that the child no longer need be frightened. Some cure fright by having the priest read the gospel over the child in the presence of the child's godparent of the same sex.

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Although he does not hold any official municipal position, Don Rosas is a tremendous power in Tepoztlán because of his prestige and renown as a curer. There is little doubt that the introduction of a medical clinic in the center of his own community did not